

October 26, 2020

Dr. Saqib Shahad,
SK Chief Medical Health Officer
3475 Albert Street
Regina, SK S4S 6X6

Dear Dr. Shahad:

Universal and consistent [mask-wearing](#) could cut [COVID-19](#) transmission in Saskatchewan by at least 50 per cent, said the province's chief medical health officer.

"Mask use is an important layer. I would say it's an essential layer," said Dr. Saqib Shahab during the province's COVID-19 update on Friday.

The above statements came from a Global News article
https://globalnews.ca/news/7418300/mask-use-cut-covid-19-transmission-by-50-per-cent-saskatchewan-shahab/?utm_medium=Facebook&utm_source=GlobalRegina&fbclid=IwAR2VL3eWiIPoHfR5gVlcHvIcE-1jku3eEDhjpPUbULyBQOhDhJK77x5pSBE.

Will you please provide scientific studies to prove the above statements?

COVID-19 has shown to be no worse than the seasonal flu so why are we making such a big deal about it? In fact, I just read that the seasonal flu rate is down 98% from this time last year. Has the seasonal flu just been renamed?

Here is a brief list of the negative affects of mask wearing. Cost to buy for individuals and businesses. Bad for the environment – chopping down trees, factories that pollute, littered all over our beautiful province! Cause stress and anxiety attacks. Cause headaches due to decreased oxygen in the air that the wearer is re-breathing. They are full of germs and people keep touching their face then touching everything else – what a great way to spread germs! Where are the hazardous waste disposal bins? Mask-wearing greatly decreases the ability to communicate effectively. It is harder to hear people. Hearing-impaired people and people whose first language is not English greatly rely on visual cues/lip reading for oral comprehension. The exchange of germs is needed to build up our immune systems. Wearing masks weakens our immune system and makes us more susceptible to picking up infections.

Do you know that in the grocery stores, people stick their finger under their mask to lick it in order to open bags in the produce aisle? Doesn't that just defeat the purpose of wearing it by 100%?

The negative affects of wearing a mask greatly outweigh any perceived benefit of stopping a bit of moist air from landing on someone. Let's make decisions based on solid science please.

Yours truly,

Your Name and address

FAX to 306-787-3237